

# Well Woman Health Check

## *Check on your health*

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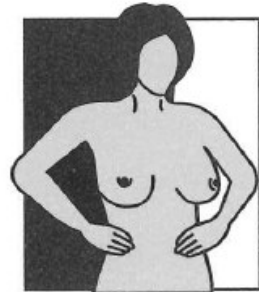
### **BREAST SELF EXAM**

Check both breasts once a month 7 days after the start of your period (or if you do not have a period, check on the same date each month).



### **Stand in Front of a Mirror**

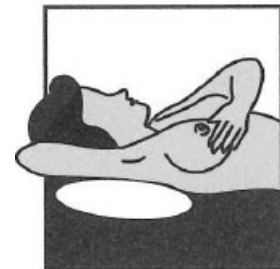
Look for changes in your breasts standing straight with arms at your side, arms overhead, and hands pushing on hips. You should check for changes in the way your breasts look and feel. Feel for lumps and look for skin or nipple changes such as:



- skin dimpling
- skin thickening
- skin redness
- leaking nipple
- skin puckering
- scaling nipple

### **Lie down**

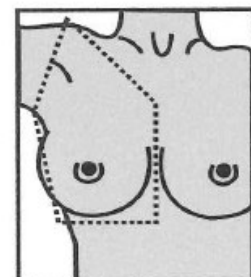
Put your right hand under your head. With the pads of your 3 middle fingers on your left hand held together, make small circles on your right breast using three pressures; light, medium, and deep to feel for lumps. Use the vertical pattern covering the area shown in the picture to the right. Repeat on your left breast.



If you see or feel any changes, or have questions, call your medical provider right away.



For early detection of breast cancer, a monthly breast self-exam (BSE) along with an annual clinical breast exam (CBE) and a mammogram is your best protection! Call 1-888-257-8502 to find out if you qualify for a free mammogram.



Information adapted from materials developed by the Arizona Department of Health Services Well Woman HealthCheck Program (<http://www.azdhs.gov/hsd/healthcheck/wellwoman/>).